

Swim Lessons

Want to learn to swim? No matter your age, we have a class for you! The Youth and Preschool swim lesson classes will run Monday through Thursday for 2 weeks (8 lessons). Water babies and Adult swim lessons will run on Tuesday and Thursdays for a month (8 lessons). The cost for each swim lesson session is \$35 for members and \$55 for non-members. There are no Saturday Lessons during the summer.

^a late fee of \$15 will be charged for signing up on the first day of lessons.

Monday-Thursday Sessions: June 14-24 June 28-July 8 July 12-22
July 26-Aug 5 Aug 9-19

Preschool (Ages 3-5) 9:30am; 4:00 and 5:00pm

Youth (Ages 6-15) 4:30 and 6:00pm

Tuesday/Thursday Sessions: June 8-July1 July 6-29 Aug 3-26

*****Water Babies** (Ages 6 months-2 years) 5:30-6pm*

*****Adult** (Ages 16 and up) 5:45pm

*Parent must be in pool

**Parent must be in the pool areas during class time

***If thundering/lightning classes will be held outside of pool in classroom, no makeup will be scheduled unless there is more than one stormy day



Private Swim Lessons

If interested in private swim lessons, please fill out the “private swim lessons request form,” which can be obtained at the front desk.

Cost: Adults- \$35 for 30 minutes; Children \$20 for 30 minutes.

The fee is per class and must be purchased in a minimum of 5 lessons. This results in a minimum fee of \$175 for adults and \$100 for children.

*If canceling lesson, must be done so 24 hours in advance for a weekday lesson and by Friday at 4:00pm for a weekend lesson. If cancelled after that time period, the lesson will be forfeited, and no makeup lesson will be scheduled.

YWCA Prep Team (Monday/Wednesday 5-6pm)

The team is open to all swimmers ages 5 and up who can swim one length of the pool on their front and one length of the pool on their back. Swimmers learn stroke techniques, starts and turns in a low key environment.

Cost is \$45/ month for members and \$65/ month for non-members.

For more information and to pre-test contact Heather West at (336) 354-1590 ext. 307

WATER FITNESS CLASSES

Deep Water –Medium-Hard (Monday—Friday 9:15-10:00am and Tuesday/Thursday 6:00-6:45pm)

A Challenging deep water class, sure to give your body and intense all-over work out. This class takes place in the 7ft section of the pool. Floatation equipment will be utilized.

Silver water fitness –Medium (Monday-Saturday 10-10:45am)

This high energy class is a great mid-morning workout! A favorite among our members, you’re not going to want to miss this!

Arthritis Foundation Water Fitness - Strength and Tone (Monday/Wednesday/Friday 11:00pm-11:45)

A slower paced water aerobic class designed to get those joints moving!

Total Body Plus – Medium-Hard (Monday/Wednesday 6:00-6:45pm) This class incorporates strength training, stretching, and cardiovascular endurance for a complete total body workout.

Have questions? Need additional information? Contact the pool at: 336-354-1590 ext. 307